

4 Steps To Safe Backpack Use

<p>Step 1: Choose Right.</p> <p>Choosing the right size backpack is the most important step to safe backpack use.</p> <p>Tip: Bring a friend to help you measure your backpack properly.</p>	
<p>Step 2: Pack Right.</p> <p>The maximum weight of the loaded backpack should not exceed 15 % of your body weight, so pack only what is needed.</p> <p>Tip: If the backpack forces the wearer to arch forward to support the weight, the backpack is too heavy.</p>	
<p>Step 3: Lift Right.</p> <p>Face the Pack - Bend at the Knees - Use both hands and check the weight of the pack. - Lift with the legs - Apply one shoulder strap and then the other.</p> <p>Tip: Placing the backpack on a surface about hip height and slipping the straps on the shoulders reduces stress on the back. Do NOT sling the backpack onto one shoulder.</p>	
<p>Step 4: Wear Right.</p> <p>Use both shoulder straps - snug, but not too tight.</p> <p>Tip: When the backpack has a waist strap – use it. The waist strap helps position the backpack over the hips.</p>	
<p>BELOW ARE TWO EXAMPLES OF HOW NOT TO WEAR YOUR BACKPACK</p>	
	
<p>WRONG: This backpack is overloaded, creating stress on the spine. Improper backpack use can lead to a lifetime of health problems.</p>	<p>WRONG: Wearing a backpack improperly over one shoulder can cause permanent misalignment of the spine, muscle fatigue, and a lowered state of health.</p>